

# BAR HILL NEWS

March 2015; Issue 557

## A MESSAGE FROM BAR HILL SCHOOL

2015 has certainly started with a bang of excitement. Along with our core values of Love, Kindness, Respect, Honesty and Equality, we are developing the value of leadership in order to prepare our children to be future leaders within our local, national and international communities.

Now that the flood recovery is largely finished, we are moving forward the development of our school site. This term we installed £8k worth of new interactive whiteboards and have started planning for the introduction of mobile IT (laptops and tablets) around the school. We have also been successful in securing £6.5k worth of new bike and scooter pods along with a grant of £2.5k to help us develop our outdoor learning space, including a school farm. We are also pursuing a grant to improve our energy consumption and develop our Hall to help it reflect our ethos of excellence. It really is an exciting time for the school!

All members of the community are welcome to tour the school to see how it looks after the devastation of the flood, or to find out more about the excellent standards at the school, by appointment through Mrs Lewney in the main office. We would also welcome any member of the community who'd like to volunteer to support the education of our local children – at a time when budgets are being cut due to national constraints, education can continue to thrive in our area with local support.

*Dr Al Mistrano*, Headteacher

## BAR HILL COMMUNITY PICNIC BENCH

### – UPDATE –

On behalf of the above project, undertaken by Sue Kenchington of the Coffee Stop and Josephine Powell of Bar Hill Health Walks, we are pleased to tell you that sufficient funds to go ahead with our plans have been raised. Everyone has been very generous with donations and supporting our fundraising events.

The last event in January, the Jazz dance at the Church was a huge success. Thank you to Rosie Val and the Cambridge Jazz Co., for providing us with such a varied programme. It was wonderful to see so many people dancing and enjoying themselves. Thank you to everyone who helped out.

Plans are now underway to have the base put down; then ordering and delivery of the picnic bench which will be built in situ outside the Library and bolted into the base. This will be dependent on the weather at the moment but everything is in hand to complete as soon as possible. On completion we hope to have a get together to show off the bench.

Sue Kenchington, [kenchington@supanet.com](mailto:kenchington@supanet.com);

Josephine Powell, [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com).

### ...did you know...

Seventy-five per cent of all the cars Rolls Royce has ever produced are still on the road today.

Early Heads Up – Please make a note in your diary

**BAR HILL COLTS SEASON AWARDS**

**PRESENTATION EVENING**

**SATURDAY 13th JUNE 2015**

Our awards evening always has a great atmosphere, so why not come along?

## OUT OF HOURS COVER – LOCAL MINOR INJURIES UNITS

Princess of Wales Hospital Minor Injuries Unit (Ely)

Lynn Road, Ely CB6 1DN. Tel: 01353 656 675.

Opening hours: Monday–Sunday 0830–1800; X-ray: Monday–Friday 0900–1645.

Doddington Community Hospital Minor Injuries Unit

Benwick Road, Doddington PE15 0UG. Tel: 01354 644 243.

Opening hours: 0830–1800 Monday to Friday and 0900–1700 Saturday, Sunday and Bank Holidays.

St Neots Walk-in Centre

24 Moores Walk, St Neots PE19 1AG. Tel: 01480 219 317.

Opening hours for walk-in patients: 0800–0900 and 1800–2000 Monday–Friday and 0900–1600 Saturday & Sunday. Walk in appointments available 0800–2000 on Bank Holidays.

Minor Illness and Injury Unit at the City Care Centre (Peterborough)

City Care Centre, Thorpe Road, Peterborough PE3 6DB. Tel: 01733 293800.

Opening hours: Monday–Sunday, 0800–2000. The MIU can treat minor injuries and illnesses, from strains and sprains to broken bones, minor burns and bites. The MIU aims to start patient treatment within 45 minutes.

North Cambridgeshire Hospital Minor Injuries Unit (Wisbech)

The Park, Wisbech PE13 3AB. Telephone: 01945 488068.

Opening hours: Monday–Friday 0830–1800. Closed Saturday, Sunday and Bank Holidays.

X-ray: Monday–Friday, 0900–1645.

*deadline for next issue: 15th March 2015 to [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com), or see page 2 for other contact details*

## BAR HILL RESIDENTS' ASSOCIATION

### 2014-15 COMMITTEE:

Chairman:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01223 655620	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Mike Nelson	01954 780772	6 Field View
Also:	Jo Hall	01954 780304	11 Almond Grove
	Hilary Whipp	<a href="mailto:hilary@whipp6.orangehome.co.uk">hilary@whipp6.orangehome.co.uk</a>	

### BAR HILL NEWS:

Editor:	Jan Cundy	<a href="mailto:jan_cundy@yahoo.com">jan_cundy@yahoo.com</a>	1 Hanover Close
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

### ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com). Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. Maxi ads (£8.50 per month) and Mini ads (£5 per month) should be submitted by 15th of the month prior to their inclusion. Sizes: Maxi: 6 x 4.5 cm – 9 x 6 cm; Mini: 6 x 2 cm – 6 x 4 cm. Quarter-page ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we provide maxi and mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space.

### EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to [bneditor@yahoo.com](mailto:bneditor@yahoo.com), [a Word file is best, please] or hard copy via Parish Council Office.

## THE MAPLE SURGERY

Tel: 01954 780442

[www.mhmaple.co.uk](http://www.mhmaple.co.uk)

### Surgery Opening times:

Monday, Wednesday, Thursday	7.00am* – 6.00pm
Tuesday, Friday	8.30am – 6.30pm
(* appointments available from 7.30am)	
Midwife Thursday	2.00pm – 4.00pm
Physiotherapist Tuesday	1.00pm – 4.30pm
Podiatrist Wed. & Friday	8.45am – 12 noon
	and 1.00pm – 4.00pm
Orthoptist 2nd Tues. of month	9.00am – 12.30pm
CAMTAD 4th Tues. of month	9.30am – 11.30am

Phone lines open from 7am – 6.30pm, Mon.–Friday.  
(emergency on the day appointments bookable by phone from 8.30am only)  
Out of Hours Emergencies – call 111  
(Cambridgeshire and Peterborough 111 Service)  
Health Visitors: (based at Longstanton Surgery):  
01954 207612  
Well Child Clinics: 3rd Tuesday of the month  
1.00pm – 2.30pm at the Children's Centre, Bar Hill  
(next to Primary School).

## USEFUL TELEPHONE NUMBERS

• Church Office: 01954 206120 • Conservative Party (Iris Lay): 01954 205265 • Happy Hours (Helen Collins): 01954 782203 • Liberal Democrat Party (Andy Pellew): 07814 871752 • Library (renewals and enquiries): 0345 0455225  
• Neighbourhood Watch: 01954 201001 • Parish Council: 01954 780456 • Police non emergency: 101 •  
Post Office: 01954 789285 • Pre-School: 01954 782892 • Samaritans: 01223 364455 • School: 01954 273305 •  
Social Club: 01954 781881 • Swavesey Village College 01954 230366 •



### NEIGHBOURHOOD WATCH

**Domestic Abuse** is controlling, threatening or violent behaviour between partners or family members, regardless of gender. Cambridgeshire Police take it very seriously and are encouraging people to seek help, by calling 101, or 999 if in immediate danger. The average woman affected by domestic abuse experiences 35 incidents before they get help and every week two women die at the hands of a current or ex-partner. One in six men will experience domestic abuse in their lifetime. Don't suffer in silence – seek the help and support you are entitled to and deserve. For more information see [www.cambs.police.uk/GetCloser/DomesticAbuse/](http://www.cambs.police.uk/GetCloser/DomesticAbuse/)

#### Scams to be aware of and to avoid

1. Roadside jewellery sellers. Typically they claim to have run out of petrol and ask for money in exchange for watches or jewellery. These are cheap gold or polished metal and almost worthless. However persistent or persuasive the sellers are, do not part with any money.
2. Scam postcards through the door claim that a parcel containing "jewellery" is ready to be delivered to the homeowner. They are asked to ring a number and pay a £10 processing fee by credit card; however, no parcel is received.
3. Free trials of medicines, vitamins, tooth whitener etc. A computer pop-up or text message offers a free 14-day trial, but requires bank details first. Unauthorised payments are then taken and no products are received. Always conduct basic online research of a company before registering your details and financial information.
4. European Health Insurance Card. An email states that your EHIC (previously the E111) is about to expire and you will not have EU health cover when abroad. You are then directed to a site that charges for renewal – this is unnecessary as it can be obtained for free.
5. Remember – things aren't always what they seem. So think twice before parting with money or your bank details.

**Finally** – there have been a number of thefts of power tools from vehicles and sheds/garages recently – you are advised to keep them securely locked away.

**Pam Vandy**, Village NHW Co-ordinator

### – BICYCLE REPAIRS & SERVICING –

Collection & Return Service. 07914 655086

### HAPPY HOURS – NEWSLETTER

The cold weather seems to have kept many members away as our numbers have been quite low, but we continue with our lunches and games and hope, with better weather on the horizon, numbers will pick up again.

We would welcome new members. Do pop in on a Monday morning or afternoon and have a coffee or tea.

Age UK Befriending Scheme call 0800 169 29 39 or Silverline 0800 470 80 90 especially for those who are lonely.

**Helen Collins**, 01954 782203

### THE ALLOTMENT SOCIETY



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: [bhallotment@hotmail.com](mailto:bhallotment@hotmail.com).

### ABSOBEAUTI

#### Beauty Salon

Shellac/IBD/Gelation Nail Polish

(lasts up to 14 days): £19.00

Minx Foil Nails, Manicures/Pedicures, Nail Art/Design.

St Tropez Spray Tans: £15.00

Eyelash Lift with free eyelash tint: £20.00

Eyebrow shape and tint: £12.00

Eyelash tint: £10.00

Local business in The Brambles, Bar Hill.

By appointment only; Monday–Sunday opening.

Call Sharon: 07967 610482

### BAR HILL BABY AND TODDLER GROUP...



... is held on Wednesday and Friday 9.45 – 11.15am at the Octagon. This is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-schoolers,

and a baby area with mats and age appropriate toys.

Drinks and snacks are provided.

#### Prices:

Under 1's – £1.00 (or FREE when paying for a sibling over 1);

Over 1's – £2.00.

Maximum charge per family/child-minder – £3.00.

Visit our Facebook page for details of future events.

### – NWR –

#### CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light hearted. It is for women of all ages, who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us, come along to one of our meetings, you'd be very welcome.

5th March: **Nordic Countries.** Research any interesting facts about culture, geography, people, history, food etc. of one of the Nordic Countries. Venue: Di's.

19th March: **Room 101.** What three items (buildings, laws, people, general dislikes, whatever) would you like to consign to the 'rubbish' bin for ever and why? Venue: Bobby's.

The Bar Hill NWR group meets informally at 8pm on alternate Thursday evenings. We pay an annual fee of £18.00 and just £1.00 per meeting to cover local costs.

If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Geraldine Martensz on 01954 203458 or Bobby Colver on 01954 781682. NWR can also be found at [www.nwr.org.uk](http://www.nwr.org.uk). Why not have a look!

## — LETTERS —

### Dear Bar Hill Residents

Following the untimely death in November of Cambridgeshire County Councillor John Reynolds, who served Bar Hill quite brilliantly for 30 years, I should like to dedicate my winning of the by-election on 12th February to his memory.

I know that his will be hard shoes to fill, but I'll do my utmost to deliver to you. Whether you voted for me or not, you can be sure I will be getting down to work immediately to support the things you have told me are important to you. I am humbled by the messages of support and the confidence that has been placed in me.

During the election period I had the opportunity to meet a great many of you – but the size of the division is such that there are many with whom I have not had personal contact. If you would like to meet me to discuss a particular issue or just talk generally about things that are happening in Bar Hill, please do not hesitate to contact me. As your new County Councillor I will work closely with your District Councillors, Bunty Waters and Roger Hall, to achieve the best outcomes for you all over the coming years.

*Lynda Harford*

01954 251775 or 07889 131022;

lyndaharford@icloud.com.

### Dear Editor

#### Dog fouling – pick up your poo!

As we had a lovely walk around Bar Hill one Sunday afternoon, across the Village Hall car park, along the path by the Village Green/The Spinney, then along by the Bungalows, we have never seen so much dog mess.

- **The Problem:** Have you ever stepped in dog faeces? If you have, you will probably agree that it is smelly and very difficult to remove from shoes. Not only is dog faeces unpleasant but also potentially harmful, as it can contain a parasitic worm called Toxocara. If this worm is transferred to humans, it can cause an illness called Toxocariasis.
- **The Message:** most dog owners are responsible and do pick up after their pets, but a small group of people choose to ignore the rules. Please, dog owners, bag your dogs' mess and get rid of it safely.

*A Concerned Resident*

[name and address withheld]

## — 8 O'CLOCK CLUB —

The 8 o'clock club is an all-women's group which meets at 8pm on the first Thursday of the month in the school.

We have a short term this time with:

**5 March** Club birthday party – *members only*;

**2 April** School closed for Easter holidays.

If you are interested in seeing what we do please come along to one of our meetings, or phone Barbara: 01954 204171, Adela: 01954 204265 or Ann: 01954 204687.

## BAR HILL CRICKET CLUB

We're gearing up for the new season already, with indoor net practice at Comberton Sports Centre.

The sessions run every Monday until April 20th, from 8.15–9.45pm, costing £4 for adults and £2 for concessions – new members of all skills are welcome.

We also know who will be captaining our teams next season. Adam Dean will be taking the first-team duties in the Cambridgeshire Cricket Association Junior League on Saturdays – and in the Lower Junior Cup, which we have entered for the first time in some seasons.

Our league matches will see us take on Cambridge NCI IV, Fordham III, Histon III, Milton III, St Ives IV, Wimblington II and Wisbech Town IV.

Meanwhile, our midweek team will be captained by Ash Curry and will again be competing in the Cambridge Business Houses League, where we will face Swaffhams, Girton, Waterbeach, Ridgeons, BWCC, Champ and Allsorts, plus a cup match (yet to be drawn).

The committee elections took place at our annual meeting and the committee is as follows:

Chairman: Ash Curry, Treasurer: David Underhay, Club secretary: Paul Stimpson, Minutes secretary: Jack Colding, Fundraising co-ordinator: Krystie Driver. In addition, Tony Moffat remains as President and Julia Thompson as Welfare Officer.

We will shortly be beginning the project to construct a practice net on the village green.

We will also be running youth training sessions again this season; watch this space for further details.

Our website is at [www.barhillcricket.org.uk](http://www.barhillcricket.org.uk); we also have a Facebook page and you can follow us on Twitter @BarHillCC

*Paul Stimpson*, 01954 201212



## BAR HILL TAE KWON-DO CLUB

part of the Tae Kwon-Do Association of Great Britain (TAGB).

Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family.

Lessons are held at **Bar Hill School** on **Mondays**.

Junior class (*beginners' class from 4 years old*) is from 1700–1800; Junior and Adult class 1800–1930.

Sparring Classes are held on **Sundays** from 1000–1130.

Free taster sessions. Family discount.

Text, call or e-mail: Mister Jason Newton, 07745 436806;

[jason.newton@btinternet.com](mailto:jason.newton@btinternet.com); or Sam Dethridge,

07767 697236; [barhilltkdjuniorclass@gmail.com](mailto:barhilltkdjuniorclass@gmail.com).

Classes are also available in Cambourne, Cambridge and Linton.

## — RAYNERS OF BARTON —

Sectional Buildings Greenhouses, Garages, Workshops, Chalets, Log Cabins, Carports, Summer Houses,

Sheds – Concrete, Steel or Wood,

Conservatories – Aluminium or Hardwood.

## — DOUBLE GLAZING AT ITS BEST —

PVC-U or Hardwood Windows, Doors.

Lance Rayner, Top Field Farm,

16 Cambridge Road, Barton CB3 7AR

Tel/Fax: 01223 262888; Mobile: 07702 669026



## BAR HILL PARISH COUNCIL

Joe Hoyle, Parish Clerk

Tel: 01954 780456

e-mail: [bhillpc-1@btconnect.com](mailto:bhillpc-1@btconnect.com)

Please note that the office is open to the public between 9am and 11am Monday to Thursday.

Visit our website, [www.barhill.org.uk](http://www.barhill.org.uk) for updates on local matters.

### Parish Council Meetings

The next Parish Council meeting will be held on Thursday 19th March at 7pm in the Parish Council Office. All members of the public and press are welcome to attend. There is also an Open Forum at the start of each meeting for residents to put their views across.

### Handy Telephone Numbers

Streetlights: 0800 253529 – give the number that is written on lamppost.

South Cambs District Council: 03450 450500.

County Council (damaged paths and roads): 01223 717111.

## – BAR HILL COLTS FOOTBALL CLUB NEWS – FOCUS ON BAR HILL LIONS UNDER 8S TEAM

This young team is coached by Andrea, Matt and Simon. They formed 3 years ago while the children were in Reception year, and has its maximum of 10 FA registered players who play 5-a-side league matches on Saturday mornings against other local teams. The Lions train on Thursday evenings during the week.

The same boys have been part of the team from the outset, and are very dedicated. The managers have remained focused on teaching the children all the necessary skills to play as a cohesive team, and encouraging each child to play confidently in any position.

That dedication is now paying off big time. The Lions are developing into very strong team that live up to their name. No single child shines above the rest because each child has been helped to flourish in their own right. Training focuses on building team skills, particularly running into space and passing the ball to team mates who are in a better position, rather than simply running with the ball and trying to score, as can happen at this young age. Each child gets equal pitch time during league matches, to simply enjoy playing football and being part of the Lions team. On match days, the managers operate a relatively "hands off" approach to let our players do just that.

Why not come along and cheer on the Lions on Saturday mornings on the Village Green? The team would really enjoy your support.

...did you know...

Seventy per cent of all e-mails sent are spam?

## BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery, Hanover Close,  
Bar Hill CB23 8EH  
at 10:30am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

Contact: Patricia Daniels, Co-ordinator, T: 07917 874402; E: [danielsoohn@btinternet.com](mailto:danielsoohn@btinternet.com); or Josephine Powell, Co-ordinator, T: 07901 558108; E: [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com).

## OAKINGTON AND WESTWICK TABLE TENNIS CLUB

We are a small, friendly club that meets every Tuesday evening at 7.30pm in the Pavilion, Queensway, Oakington.

New members are always welcome, so come and spend an evening as our guest. Junior players are also welcome but must be accompanied by an adult.

We have four tables and spare bats – you just need a pair of trainers.

For further information, please contact Dawn Stokes on 01223 236427.

## MATHS AND PHYSICS TUITION

Qualified teacher, with First Class Honours Degree in Physics, offers GCSE and A level tuition in Maths and Physics.

Telephone Paul Noble on 01954 780477.

## – OPPORTUNITY –

### MARRIAGE AND CIVIL PARTNERSHIP CEREMONIES VOLUNTEER OPPORTUNITY

Cambridgeshire County Council is looking for Meet and Greet Volunteers who can spare a few hours on a Saturday on a regular basis.

This is a great way to meet new people and feel part of the community.

For more information, contact: T: 01223 729180;

E: [helen.bentley@cambridgeshire.gov.uk](mailto:helen.bentley@cambridgeshire.gov.uk).

## HAIR2U

Professional Mobile Hairdressing  
covering Bar Hill and surrounding areas.  
Call Caroline: 07843 238718





## — CHURCH MATTERS —

### BAR HILL CHURCH SMALL GROUPS

Bar Hill Church has five small groups who meet regularly, weekly and fortnightly, with a mix of evening and daytime meetings.

A Small Group is a place where people grow together as they explore and apply the Bible to everyday life. It's also where people care and pray for one another, serve together and develop genuine relationships.

We hope that our groups facilitate discipleship, mission, fellowship, evangelistic outreach and pastoral care. The Church aims to develop a deeper understanding by providing sound biblical knowledge and spiritual growth, and help you develop your personal relationship with God. In the New Year we are hoping to revisit some of the basic beliefs that underpin our Christian faith. Whatever stage you are at on your Christian journey this bible study will help you to explore and develop your Christian faith.

If you are interested in joining in the fellowship of a small group within the village please visit the Church website.

I can be contacted at Bar Hill Church office to discuss placing you in a suitable group.

With Blessings in Christ

*Jenny Patton* [small groups coordinator]

### ART GROUP

If you would like to try painting, even if you think you're no good, we will give you a warm welcome.

Bar Hill Church Art Group meets on Wednesday afternoons throughout the year from 1.30-4pm in the Church. Our meetings are very informal with occasional visiting tutors.

Why not come along and give it a try? You can borrow equipment until you find out what you need, and other members are always ready help. Contact Jan Hewins on 01954 201495 for more information.

### EASTER ACTIVITY AFTERNOON

Wednesday 1st April from 3pm to 5pm;  
open to all – no need to book.

Make an Easter garden; learn about the Easter story, Easter crafts. Children under year 5 must be accompanied by an adult. Children in year 5 and up may attend unaccompanied, but we will need a completed permission form.

For more information please contact Claire Thorby:  
cypadmin@barhillchurch.org.uk or tel 01954 781527.

### BRING YOUR OWN CRAFT DATES FOR 2015

Please come and join us on: 28th March, 25th April, 23rd May, 27th June, 18th July, 26th September, 24th October in the Octagon 2.15–4.30pm. 28th November will be our Christmas Craft Day, details nearer the time.

For more details contact Wendy on 01954 782041.

### FESTIVAL OF CROSSES

Leading up to Easter the church will be open for you to view a display of crosses of all shapes, sizes and styles. From Monday 30th March – Thursday 2nd April, from 10am–4pm.

Do you have a cross you would like to display? Would you like to make one (in any medium)?

Please contact Charles Mather: 07757 927111; or Martin Belgrove: 07785 765010.



### BAR HILL ECUMENICAL CHURCH EVERYONE IS WELCOME

#### SERVICES FOR MARCH & EASTER 2015

The Church Minister, Charles Mather, can be contacted on [minister@barhillchurch.org.uk](mailto:minister@barhillchurch.org.uk), or by phone on 01954 277119. Our website gives lots of information about what's happening in Church: [barhillchurch.org.uk](http://barhillchurch.org.uk).

Sunday 1st 10am Holy Communion with Café Church for young people

6.30pm Evening Worship

Friday 6th 7.30pm Women's World Day of Prayer service

Sunday 8th 8am Holy Communion

10am Quaker Meeting

6.30pm Informal Worship

Sunday 15th 10am Holy Communion on Mothering Sunday with Café Church for young people

6.30pm Evening Worship

Sunday 22nd 10am All Age Worship

6.30pm Holy Communion

Weds. 25th 10am Mid-week Communion

Sunday 29th 10am Palm Sunday Service with Café Church for young people

6.30pm Evening Worship

Mon. 30th, Tues. 31st March and Weds. 1st April

6.30pm Stations of the Cross

#### APRIL

Thursday 2nd 7.30pm Maundy Thursday service

Friday 3rd 10am Good Friday Service

Sunday 5th 10am Holy Communion for Easter Day  
No evening service.

Contact: Church Centre Manager: 01954 206120;  
office hours Mon., Weds. and Fri. 0930–1230.

**There is a Roman Catholic Mass every  
Saturday at 6pm.**

### THE COFFEE STOP...

...is a weekly event in the Bar Hill Library, run by volunteers. Coffee, tea and biscuits are served from 10.00am till 12 midday for a modest price. We aim to provide a friendly meeting place for our community to have a chat to old friends and new.

The coffee stop is growing and is used regularly by the Bar Hill Health Walkers, and occasionally by members of the Horizon group.

We are very grateful to the library staff for accommodating us and would love to welcome new people to join us. We would like as many people as possible to borrow a book from the library regularly to help keep this facility available for our village. We look forward to seeing you there. For more information contact Sue Kenchington on 01954 780260.

## — CHURCH MATTERS —



### BAR HILL COMMUNITY MARKET

Saturday 7th March

Saturday 2nd May

10.30am – 2pm

In the Octagon CB23 8EH

– Entry is Free –

Come and support your local community.  
A variety of handmade crafts, jams, fruit, vegetables,  
cards and beauty products.

We raise funds for community projects.

Refreshments Available

Soup and roll from 12noon

BBQ (weather permitting)

If you would like to be part of the market, please  
contact either Karen Austen 01954 781085 or  
Sue Gadsby 01954 200875.

### YOUNG PEOPLE GROUPS

Youth Socials – there is a time to relax and play games  
(Wii, Pool, Table Tennis) one Sunday per month from  
7.15–9.00pm in the Octagon.

Cell Groups – these are groups of young people,  
meeting once a month, to learn more about the Bible  
and the Christian faith.

Café Church – as an alternative to sitting in the Sunday  
morning service, the children & young people meet in  
the Octagon on 1st and 3rd Sundays, for breakfast and  
a learning activity.

Young Peoples Evening Worship Service – this informal  
service is for adults and young people and uses  
contemporary music and format. This is held from  
6.30–8.00pm on the 2nd Sunday of the month, starting  
with cake and drinks!

For more information on any of these events contact  
Heather at [familysmeth@ntlworld.com](mailto:familysmeth@ntlworld.com).

### KNIT AND NATTER...

...is a long established group that has weekly meetings  
on Thursday afternoons at 1.15 until 3.30pm in the  
Octagon. We are a friendly and active group who do  
what we can to support one another and groups who  
need our help. We currently work hard knitting for the  
children's Christmas Shoe Boxes, "Operation Christmas  
Child". We also send hats, jumpers and blankets to  
where they are needed in the world. We hold a number  
of events in the year including outings, coffee mornings,  
a Christmas lunch and a "Holiday at Home" at Easter.  
We would be very happy to welcome new people either  
those who are knitters or those who just want to come to  
chat and would like to meet some new friends.  
For more information contact Sue Kenchington on  
01954 780260.

### BAR HILL CHURCH ECO GROUP...

...meets for an hour in alternate months to think about  
how we, as a local community, can best use world  
resources both for our own benefit and for that of future  
generations. We are working towards the award of 'Eco-  
Congregation'. Recent events have included an Eco walk  
and picnic, and a Church Weekend at Home with  
speakers from Cambridge Carbon Footprint.  
New members – from the congregation or the village –  
are always welcome. Meetings take place in the Church  
from 11.30–12.30 on the second Sunday of January,  
March, May, July, September and November. Further  
details can be found at [www.barhillchurch.org.uk](http://www.barhillchurch.org.uk).

### MESSY CHURCH...

...is for pre-school and primary age children and their  
carers. They meet in the Octagon from 3.15–5.15pm on  
the 3rd Wednesday of each month.  
Each session begins with craft activities followed by a  
story and song on a Bible theme, and ends with a simple  
meal. Come along!  
For more information contact Peter at  
[familysmeth@ntlworld.com](mailto:familysmeth@ntlworld.com).

### THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

The Catholic Church serving Bar Hill

Parish Priest: Mgr Peter Leeming Tel: 01223 350787

Local contact: Bunty Waters Tel: 01954 201421

Monday, Wednesday, Thursday, Friday 8am and 12.15pm

Tuesday 8am and 7.30pm

Saturday 6pm. First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and  
6pm at The Octagon, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the  
6pm Mass each Saturday. Copies are also available in the Church Centre.

### ROCK SOLID...

...is a midweek club for primary  
school age children, every Thursday  
evening in the Octagon Meeting  
Rooms from 6.00–7.15pm in term  
time only.

We have great fun with songs, news  
time, bible story time, craft and  
games, stopping for a quick break  
for drink and a biscuit half way  
through!

We have a few places available.  
If you would like your child to come  
along please contact Adrienne  
Sharman on 01954 780874 or  
Claire Thorby on 01954 781527;  
[claire\\_thorby@tiscali.co.uk](mailto:claire_thorby@tiscali.co.uk).

## BAR HILL VILLAGE HALL



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- Birthday Celebrations;
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- Charity Events;
- Children's Parties;
- Jumble Sales.
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*During the week we have the following groups and clubs:*

Monday	Helene Jones Dance	4.00-8.15pm
	(school term time only)	
Tuesday	Shotokan Karate	5.45-8.00pm
Tuesday	Danielle (Boot Camp)	8.00-9.00pm
Wednesday	Helen Jones (Dance)	4.00-6.45pm
Wednesday	Zumba	7.00-8.00pm
Wednesday	Pilates	8.00-9.00pm
Thursday	Pilates (term time only)	10.00-11.00am
Thursday	Weightwatchers	7.00-7.50pm
Friday	Stage Starz (term time only)	5.45-6.45pm
Friday	Martial Arts	7.45-9.00pm
Saturday	Sweat and Tone	8.00-9.00am
Sunday	Bingo (doors open 7pm)	7.30-9.30pm
	Cash prizes	

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours Monday-Friday; or e-mail [barhill.villagehall@btconnect.com](mailto:barhill.villagehall@btconnect.com).

*We look forward to hearing from you.*

### ...did you know...

- If a ton of paper is recycled, savings are: around 17 trees, two barrels of oil, 4,100 energy kilowatts, 60 pounds worth of pollution and more than three cubic yards of landfill.
- A disposable nappy takes more than 100 years to biodegrade. A baby will need around 7,500 nappies from birth to completion of potty training.

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Qualified E: [info@appletrees.plumbing](mailto:info@appletrees.plumbing).  
Website: [www.appletrees.plumbing](http://www.appletrees.plumbing)



### ...did you know...

All the pandas in the world are on loan from China?

## BAR HILL SPORTS AND SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, [www.bhssc.org.uk](http://www.bhssc.org.uk) or join us on Facebook, at Barhillsports.Socialclub.

### What's on in March?

Sat. 7th	Membership Draw
Tues. 17th	Annual General Meeting, Village Hall, 8.15pm
Sat. 21st	Membership draw
Fri. 27th	Disco Night
Mon 30th	Mini Monthly Quiz - £50 prize

### Looking Ahead...

Sat. 4 April	Membership Draw
Sat. 18 April	Membership Draw
Fri. 24 April	Disco Night
Mon. 27 April	Mini Monthly Quiz - £50 prize

### Saturday Teams Home Games. (K/O 1500)

7 Mar	Bar Hill Saturday Reserves v Benwick Athletic
14 Mar	Bar Hill Saturday v Over Sport Reserves
21 Mar	Bar Hill Saturday v Wisbech St. Mary Reserves
28 Mar	Bar Hill Saturday Reserves v Fenstanton Reserves

### Disco Nights

We are having a regular disco on the last Friday of the month. First one is on Friday 27th March.

### 2015 Charity

Each year the Social Club supports a local Charity or good cause. This year we have chosen the 1st Bar Hill Rainbows Girl Guides as our Charity.

### Not a Member?

New members are always welcome, join now for £10, Seniors £5. Pop in and have a look round. Please ask the bar staff for a membership form. See our website for opening times. The club also has a junior membership for 16 and 17 year-olds for a one off payment of £5. This is valid until full membership can be obtained at 18.

*Andrew Wilkin, 01954 781881*

## STORYTIME AT BAR HILL LIBRARY

*Stories and pictures, rhymes, songs and craft activities from*

*10.30am on 14 and 28 March.*

Storytime invites small children and their parents or carers to the Library. It offers children of pre-school age and their older brothers and sisters (accompanied by an adult) book-based fun twice every month.

This free event introduces young children to their local library and reveals to them all that is to be gained from learning to read.

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01954 252122

### Milton

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## FRIENDS OF THE ROSIE HOSPITAL



Happy Mother's Day to all our customers! Come along to our Annual General Meeting on Monday 9th March from 12.30pm in the Rosie Hospital to find out what pieces of medical equipment we have purchased and other items to help make the Rosie a more comfortable environment for

mothers and babies.

*This spring* we have a small display at the Tea Bar, Outpatient Department, Rosie Hospital at Addenbrooke's.

*Our next stalls will be:*

- Bar Hill Community Market on Saturday 7th March 10.30am to 2pm selling discount baby clothes, new toys and gifts.
- A large display at Addenbrooke's Outpatient Foyer on Friday 27th March from 10am to 4pm.
- Cambourne 10K Race on Sunday 12th April 9.30am to 1pm

If you have any spare polyester toy stuffing or yarn we are in urgent need of your donation.

Follow us on the Rosie in Stitches Facebook page. New knitted clothes and toys for sale on our website [www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk).

We have discounted items for sale in our eBay Charity Store [www.amazon.co.uk/shops/A302NWPGSHC7HN](http://www.amazon.co.uk/shops/A302NWPGSHC7HN), and second hand patterns and craft materials on our Facebook page. There are links to affiliate stores on our website where we will get a donation.

To support Friends of the Rosie Hospital, Cambridge, England, visit [www.easyfundraising.org.uk/causes/forh](http://www.easyfundraising.org.uk/causes/forh) and follow the instructions. You can raise funds by using the Easyfundraising search site at <http://forh.easysearch.org.uk> There are competitions to enter on the Easyfundraising blog.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares please contact a member of the committee, details are given on our website.

Thank you for all your support.

If you cut out a man's tongue, you are not proving him a liar, you are telling the world you fear what he might say. *Tyrion Lannister*

## FOR SALE - ELECTRIC BICYCLE

Top-of-the-range Smarta LX adult electric cycle purchased from the Cambridge Electric Transport Shop price new is £1000+

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Commitment is an act, not a word. *Jean Paul Satre*

## MAPLE SURGERY NEWS

Tel: 01954 780442

[www.mhmaple.co.uk](http://www.mhmaple.co.uk)

**Clinical Governance Closure** – the surgery will be closed on Thursday, 19th March from 1–6.30pm.

**Emergency/On the Day Appointments** – as from 1st March, morning emergency/on the day appointments may be booked any weekday from 8.30am. Afternoon emergency/on the day appointments may be booked from 1.30pm.

**Help us Improve our Service** – please take the time to complete an NHS Friends and Family Test Card available in the waiting area. Your feedback will help us learn more about what you like about the Surgery and what you think we could improve. Alternatively, visit our website [www.mhmaple.co.uk](http://www.mhmaple.co.uk), select the 'Help us Improve our Service' tab on the Home Page and let us know about your experiences at the Surgery.

**Patient Participation Group** – if you are interested in joining our PPG, please contact the Surgery. If you feel that you may be able to assist us with online surveys and would like to join our Virtual PPG, please email the Surgery on [maplesurgery.enquiries@nhs.net](mailto:maplesurgery.enquiries@nhs.net).

**Blood Results** – please remember, phone requests for blood results will only be accepted after 2pm.

**Shingles** – shingles vaccinations are available for all patients who were aged 70, 78 and 79 on the 1st September 2014. Please contact the Surgery to arrange an appointment.

**Free NHS Health Checks** – if you are between 40 and 74 years old and have not had an NHS Health Check in the last five years, please contact the Surgery to book your check with the Nurse now.

**Online Appointments and Repeat Prescription Requests** – registered patients can now book GP appointments and order repeat medications on the Surgery website. Please call in to the Surgery with one piece of photo ID to obtain your username and password.

**Repeat Prescriptions** – please do remember to allow 2 clear working days for your repeat prescription requests to be processed.

*The Maple Surgery Team*

## TESCO BAR HILL INFORMATION

We understand that **abandoned trollies** can be an unsightly problem in the village. If you spot one please contact Trolley Wise on freephone 0800 3161241. The company visit the village once a week.

We now have **Community Boards** in store. If you wish to advertise an event, please bring your posters into store, Customer Services will gladly display them for you.

Lisa Andrews, our Community Champion would like to thank the residents of Bar Hill for kindly donating unwanted books. She will be running book sales throughout the year to raise money for the British Heart Foundation and Diabetes UK.

If you know of a group, charity or organisation that needs a venue for meetings or training sessions, our Community Room may be able to accommodate. Please email: [barhillcommunityspace@gmail.com](mailto:barhillcommunityspace@gmail.com). Best wishes, *Lisa & Julie*

## - BAR HILL CHILDMINDERS -

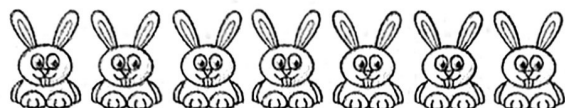
If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and First Aid Trained?

Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more.

If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (see below).

### Childminders with current vacancies:

Terri	07846 018714
Kirsty	07584 168909 (school aged children)
Kirsten G	01954 200228
Melanie	01954 204496 (0-5 year-olds)
Kirsten C	01954 202228



'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45-11.15am in the Octagon (term time only) £2.50 per family/carer, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.

'Little Bunnies' Sensory Sessions at the Octagon on Tuesdays from 9.45-11.15am during term time. Come and let your little ones experience a range of sensory activities, from messy play (aprons provided) to music and story acting!

Snack and drink for children; hot drink for adults included. £1 under 1yr; £2 per child; £3 for two or more children.

## HEARING HELP...

...is a local charity that helps those living with hearing loss, giving FREE advice to help you hear. Come and discuss your hearing difficulties with those who understand the problem at Scotsdales Garden Centre, 120 Cambridge Rd Great Shelford CB22 5JT on Friday 20th March 2015 from 10am to Noon.

We will demonstrate telephones, television & radio, alarms, door bells and personal listeners to help you hear better, whether or not you wear a hearing aid.

More information about Cambridgeshire Hearing Help can be found on our

website: [www.cambridgeshirehearinghelp.org.uk](http://www.cambridgeshirehearinghelp.org.uk).

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W: [www.learnitwithlaura.co.uk](http://www.learnitwithlaura.co.uk).

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Website: [www.willinghammediclpractice.nhs.uk](http://www.willinghammediclpractice.nhs.uk)

Out of hours emergency cover - when surgery is closed please ring 111 where you will receive advice on the most appropriate service for you. This will often be Urgent Care Cambridge (formerly CAMDOC) at the Chesterton Medical Centre (where parking is free).

**Please do not** attend A&E unless you have a life threatening condition. Remember, there are local Minor Injury Units which can deal with minor injuries and X-rays, e.g. The Princes of Wales Hospital, Ely and The City Care Centre, Peterborough. The wait will be considerably shorter than A&E.

Child Psychology - this is a new monthly private service held at Willingham Surgery and run by Dr Laura Bennett from Child Psychology Cambridge, to provide support for children, adolescents, parents and carers. For details, appointments or an initial free telephone consultation, please ring 01223 853802.

Foot Care Clinic - Willingham Surgery every Monday, run by Mrs Casey Javed. For appointments and queries please call 01480 301337; 07807 505534 or visit [www.stiveschiropody.co.uk](http://www.stiveschiropody.co.uk). This is a private service not funded by the NHS.

Do we have an up-to-date mobile phone number for you? This is important if we need to contact you urgently, or if you would like to receive a text reminder the day before your scheduled appointment(s).

Missed in January - 37 nurse and 52 GP appointments. This is much better than previous months! Please do let us know if you no longer need an appointment so that others may benefit. You can book and cancel appointments online. Ask at reception about how to register for this service.

Our Patient Participation Group would welcome new members. It meets quarterly on a Thursday afternoon in Willingham Surgery. This is an opportunity to promote communication between the practice and its patients, and for you to become involved in local health issues. You can take part either by coming along to the meetings or by joining our email group. Contact forms are available from both the Willingham and Longstanton receptions.

*Cynthia Bidwell*, Practice Manager

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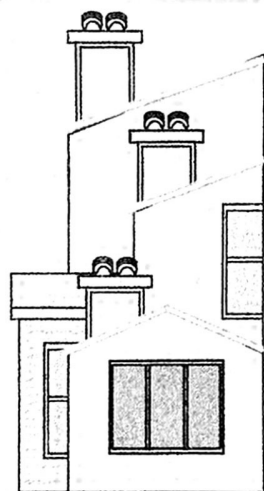
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## Little Acorns Extended Day Care



Little Acorns Extended Day Care is the umbrella name for Little Acorns Pre-School and Mighty Oaks @ Little Acorns out of school club. Little Acorns is registered to care for children age 2-11 years, from 8am-6pm during term time and school holidays.

Flexible Hours can be booked any time during a week day. A normal pre-school session starts at 9am (to 11.30am) or 12.30pm (ending at 3pm). Afterschool care starts at 3pm or 3.15pm.

Our current cost is £3.60 per hour. A 50% sibling discount is available and a 20% lone parent discount.

Our breakfast club is open from 8am and is suitable for all ages.

Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they reach 3yrs. Families on Income Support, or who fulfil the criteria for free school meals, may also be able to access 15 hours per week of free sessions for their 2 year old, via 'Free Twos' funding. Enquire at the children's centre for advice on applying for this.

All age groups of children have access to all three rooms in the building and the garden area throughout the day.

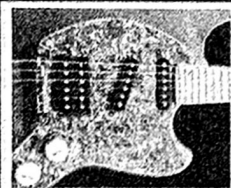
We offer a wide variety of activities and resources, set out into zones, where children can explore, investigate, learn, create and have fun.

We have a new 'mini acorns' session for children who are just starting pre-school (from age 2). It is a slightly shorter session (9-11.15am) and is open Monday to Friday, term time only. It is held in a separate, quieter room and has a higher staff ratio (max 12 children per session with 3 staff). We employ qualified and experienced staff who are caring and dedicated team members.

If you would like more information or a registration form please e-mail: [littleacorns.barhill@ntlworld.com](mailto:littleacorns.barhill@ntlworld.com) or phone Sally or Gail: 07851 803083 / 07982 238658. (pre-school age). For out of school care please email: [mightyoaks.barhill@virginmedia.com](mailto:mightyoaks.barhill@virginmedia.com).

We are situated next to the primary school along the concrete track which leads to the Farmhouse. Please feel free to drop in for a look around.

The building can also be hired out at weekends/evenings for parties and family events. Please email for a booking form if you are interested - you do not need to have a child at the pre-school to use this facility.



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## INFORMATION AND ADVICE FROM DOBBIES

It's nearly Easter, Let's talk about rabbits!

Did you know that the legend of the Easter Bunny comes from German folklore? The Bunny was said to deliver coloured eggs and candy to the homes of well-behaved children - a bit like a furry Santa Claus.

Rabbits make good indoor and outdoor pets; they are social creatures and can live for more than 10 years.

They are intelligent and can be trained. In the Netherlands there is a popular sport called "rabbit jumping" where bunnies take part in show jumping competitions!

Did you know that rabbits communicate with sound? The most well known to us is the thumping of the foot to indicate danger. Rabbits also cluck or chirrup to indicate pleasure and purr when they are happy.

Rabbits love to play with toys and you can be very inventive with what you give them. Plastic balls with bells, flowerpots, hanging baskets filled with hay and vegetables and digging pits.

Did you know that a male rabbit is called a buck, and a female is called a doe?

Rabbits make great pets but we urge you to think carefully about getting one. They need companionship, so one can quickly become two! A neutered pair is the best arrangement. Adult rabbits left unneutered can have hormone-related behaviour problems and quickly become depressed. Rabbits don't enjoy being picked up, but if you sit on the floor with them they will come over for cuddles. They need large secure accommodation. Rabbits have a sensitive digestive system, so diet is very important. They need to eat their own body volume in hay every day!

Did you know that Rabbits are the third most popular pet in the UK?

Our Pet Experts love to talk about rabbits and will give you all the information you need to help your rabbits live a long and happy life. Pop in to see us or give us a ring - 01954 785450.

## CARVERY EVERY SUNDAY FROM 12.30pm.



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Ski Suit - black 14/16 Berghaus, vgc, bargain - £50

Ski Polo Tops - size 14 - £3 each

Riding Trews - size 12/14, vgc, bargain - £25

Riding Boots - long, unworn, black, size 4 - £25

Burberry Jacket - beige quilted, 14/16, vgc - £25

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Long Boots - beige leather with heels & pointed toes, vgc, size 4 - £20

Blood Pressure Monitor vgc, (recently checked) easy to self-use - £20



Bar Hill Pre-School

Registered Charity No. 1070125  
<http://www.barhillpreschool.co.uk>

### VILLAGE HALL 01954 782892

Our ethos is to ensure high quality care by focussing on each child's ability and interests. Our key person and buddy system enables our team of highly qualified staff to plan activities to reflect the needs of all the children.

We offer fully flexible care between 9am-3pm, for children aged 2-5yrs and are registered for Nursery Education Funding (NEF) as well as the new government scheme 'Funded 2's'.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us. The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

**Parent/Carer Partnership:** To fulfil our commitment to meeting children's individual needs we use communication diaries as part of our outstanding parent/carers partnerships. Please contact us on the above telephone numbers or: [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk).

Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process. We look forward to meeting you and your child.

### WALKING - HERE ARE SOME FACTS.

Walking is an excellent form of exercise. We are very fortunate in this area - it has relatively few hills and a vast network of footpaths, cycle paths and bridle ways.

*Regular walking can* strengthen your heart, your bones and your muscles.

*Walking can reduce the risk of* coronary heart disease, stroke, diabetes, high blood pressure, bowel cancer, Alzheimer's disease, osteoporosis, arthritis, anxiety and stress.

*Walking improves* your mood and helps combat depression.

*Walking can improve* your confidence, stamina, energy, weight control and life expectancy.

So why not join the Comberton Ramblers Group? Our Autumn Walking Programme 2014 starts on 14th September.

For further details please see our webpage: [www.combertonramblers.org.uk](http://www.combertonramblers.org.uk); or contact Stella [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com).

### DISTRICT COUNCILLOR REPORT MARCH 2015

We congratulate Lynda Harford on her election as our County Councillor. Having known her for several years, she is ideally suited to step into the shoes of the late John Reynolds.

It is expected that government grant funding will cease by 2020. This is being reduced each year, and in 2015-16 savings amounting to £670,000 will have to be made to prevent savings of larger amounts being necessary in future years. To balance the books, this will be met by savings equivalent to £11.23 and a £2.45 increase in Council Tax for every Band D household.

A South Cambs. Election team visited Sixth Form Colleges to persuade students to register for voting before the general election National Registration date of 5th February.

A £180 million scheme to boost the economy in south Cambridgeshire in the next five years has been agreed by South Cambs District Council, Cambridge City Council and the County Council. This will include tackling the most congested roads.

The Council has welcomed a government decision that communities will be able to object before village pubs - often the only village asset - are demolished or converted into houses or workshops without planning consent.

If you need help, assistance or further information, do please get in touch:

Roger Hall	Bunty Waters
01954 780304	01954 201421
07946 415244	07734 690580
<a href="mailto:roger.hall90@ntlworld.com">roger.hall90@ntlworld.com</a>	<a href="mailto:bunty.waters@ntlworld.com">bunty.waters@ntlworld.com</a>

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### Cambridgeshire County Council Carers Support Team

#### 'DROP-IN' SESSIONS FOR CARERS AND ADULTS WITH A LONG-TERM SUPPORT NEED



These popular drop-ins continue in 2015. Anyone who is living with a long-term illness or disability, or an age-related

condition, or is providing unpaid support to adult family members or friends is welcome. The early Spring dates and locations are:

- **Bar Hill** - Community Room, Tesco Extra, on 16th March from 10.30am-1.30pm
- **Sawston** - Free Church, on 17th March from 10.30am-1.30pm.
- **Cambourne** - Carers Only drop-in at the Library, on 18th March from 1.30pm-3.30pm.

Drop-in to any of the events for a cup of tea and a chat.

For more information, e-mail:

[CarersSupportTeam@cambridgeshire.gov.uk](mailto:CarersSupportTeam@cambridgeshire.gov.uk).

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### BAR HILL VILLAGE WEBSITE

The Bar Hill Village web site is where important and interesting information can be posted. If anyone has any comments, ideas, items for inclusion, pictures of village events, please get in touch with the webmaster, either via links on the website, or by email: [barhill@machineconcepts.co.uk](mailto:barhill@machineconcepts.co.uk). The website can be found at [www.barhill.org.uk](http://www.barhill.org.uk).

### BAR HILL AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

The Community Access Defibrillator is installed on the Parish Council office wall. The device is available 24/7 and anyone can use it in an emergency. It can be removed from the cabinet and carried to the patient and the device even talks to you, giving easy-to-follow instructions. It has a built-in safety mechanism and cannot harm anyone if used incorrectly. Using a defibrillator before an ambulance arrives could mean saving a life.

It is comforting for Bar Hill residents that there is a defibrillator available to help a heart attack victim before the arrival of a paramedic. More information and pictures are available on the Village website: [www.barhill.org.uk](http://www.barhill.org.uk).

... did you know ...

Human thigh bones are said to be stronger than concrete?

# ABBA

TRIBUTE DUO

## Voulez Vous?

Saturday 25th April 2015, 7.30pm

## Stop, Stop, STOP!

Find your flares. Sew your sequins.  
Help raise some Money, Money, Money.

Join the Over Day Centre ABBA tribute evening at Over Community Centre: Live music, optional fancy dress, raffle for a Wheelbarrow of Booze (The Winner Takes It All) and a bar serving until 11.30pm for Super Troupers and Dancing Queens.

Oh... and let your Mother know.

Gimme! Gimme! Gimme!  
Tickets are available, at £10.00 each,  
from the Over Day Centre.  
Tel. 01954 231807

The Over  
Day Centre  
1 Drings Close,  
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CB24 5NZ

Registered Charity No: 800829

### HUNTINGDONSHIRE LOCAL GROUP OF THE WILDLIFE TRUST

The Huntingdonshire Group will presenting: An illustrated talk entitled 'Silent Spring Revisited – Our Debt to Rachel Carson' will be held on Wednesday 11th March starting at 7.30pm at Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB.

Author and conservationist, Conor Mark Jameson, will talk about the rise of environmentalism since Silent Spring was written in 1962 by Rachel Carson. Conor will give an entertaining tour of the highs and lows of 50 years of campaigning to keep the birds singing and the planet secure. Was Rachel Carson right, and did we listen?

Anyone interested in wildlife is most welcome to attend. Booking for the talk is not necessary. Entrance charge £2.50 (accompanied children free). Please contact Tim on 01480 457795 for further information.

### The Beautiful Bluebells of Brampton Wood

We invite you to experience the delights of a carpet of bluebells in this ancient woodland, which lies on our doorstep. You are welcome to share this enchanting scene by participating in a guided walk through Brampton Wood on Sunday 26th April at 10.30am.

George Cottam, Warden of Brampton Wood, will lead us through a rich variety of flora. His aim will be to highlight the beautiful scent, colour and freshness of the bluebells that encapsulate the essence of a traditional English spring. We also expect to see other woodland flora such as wood anemone, primrose and dogs mercury; early butterflies such as speckled wood, brimstone and orange tip; and we will also listen for the singing of the woodland birds.

Everyone is most welcome to attend; meet at Brampton Wood Car Park, Grafham Road, Brampton. For more information please contact George on 01480 450809.

Part of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire. Registered Charity No: 1000412.

### CAMBRIDGESHIRE CONSTABULARY

We are raising awareness of child sexual exploitation in 2015, providing information and support on this type of abuse.

We work in partnership with Cambridge and Peterborough Local Safeguarding Children's Board (LSCB) and the NSPCC to help educate the wider community, young people, parents and professionals on how to spot the signs.

Child sexual exploitation (CSE) affects boys and girls from all backgrounds. Some may not even be aware that it is abuse, believing they are in a loving relationship. Our website has a dedicated section providing information on child sexual exploitation: how to recognise the signs; myths, help and support; online safety for parents and carers; the force's approach to tackling CSE.

Please go to: [www.cambs.police.uk/GetCloser/ChildSexualExploitation](http://www.cambs.police.uk/GetCloser/ChildSexualExploitation).

## BAR HILL LIBRARY

*You'll be surprised...* at what's in your library:

- **For Loan** – as well as books we have magazines, talking books and DVDs. If you don't see what you want on the shelf, just ask the staff who will be happy to request items for you from another library in the county free of charge.
- **Internet Access** – Library members can have up to two hour's free Internet access a day on library computers and can also access the library system on-line from home. You can search the catalogue, make requests and renew books as well as being able to access reference websites such as Encyclopaedia Britannica – the junior version of this is excellent for helping with homework.
- **Wifi** – the library has wifi. Once you have registered it's free and unlimited.
- **eBooks, eAudio, eMagazines and eNewspapers** – this service allows library members to download these on to your computer, eBook reader (not Kindle which is restricted by Amazon), tablet or smartphone.
- **NEW! Commercial Notice Board in the Library** – the library has a new noticeboard for commercial and business ads. We can accept any size up to A4. Rates are A4: £6 per month or part thereof; A5 or less: £4 per month or part thereof. Please ask at the library for details.
- **Sorcer Mobile** – is a library application for mobile devices which lets you check your account anywhere and at any time. With Sorcer Mobile you can see at a glance your current loans and reservations, including your borrowing history and any outstanding charges. You can also renew your loans easily. The app is free to download to your mobile device.

### Bar Hill Library opening hours:

Monday: 10.00am–5.00pm  
Tuesday: 2.00–5.00pm  
Wednesday: 10.00am–5.00pm  
Thursday: Closed  
Friday: 2.00–5.00pm  
Saturday: 9.30am–12.30pm

For more details, please visit our website:

[www.cambridgeshire.gov.uk/leisure/libraries](http://www.cambridgeshire.gov.uk/leisure/libraries).

## HONEYBEES

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or: [leehoneybourne406@btinternet.com](mailto:leehoneybourne406@btinternet.com).

## LOVE LIFE – LOVE SLIMMING WORLD

Join our warm and friendly group at

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on Wednesdays at 5.30pm or 7.30pm.

Want to lose weight and never feel hungry?

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Website: [slimmingworld.com](http://slimmingworld.com); T: 0844 897 8000



Registered Charity No 800829

Over Day Centre is thriving charity offering high quality day care for the frail and elderly of Over and surrounding villages.

Part time Cook required – 6 hours per week; £7 per hour.

Experience is desirable, but full training will be given.

Regular hours: three hours on Monday and Wednesday mornings from 9.30am–12.30pm. A flexible approach would be advantageous as extra hours may be available by mutual agreement. We will require a Disclosure and Barring Service clearance to be carried out. For an application form or further information, please contact Sarah Peck, Head of Administration.

We urgently require Volunteer Minibus Drivers

We are looking for drivers to help with client journeys for 2½ hours per week to and from the Day Centre.

A bus escort always accompanies the driver. Full training will be given. Flexible working arrangements.

New Mercedes minibus. Contact Sarah Peck, Head of Administration.

Christmas celebrations

We are pleased to say our Christmas Fayre was a great success. We raised £1,658.

The clients also enjoyed a wonderful Christmas lunch at the Community Centre, including a singing visit by the children of Over Primary School, which was most enjoyable and for which we thank them very much.

A new venture

Community Shopping trips to Tesco Bar Hill will take place on the first Thursday of every month, starting on 5th February. Pick up will be from around Over. There will be no charge and will enable an hour of shopping at the store. This does not involve 'care', but is a new community venture. If you would like to book a place, telephone Sarah.

Future Dates for your Diary

Our Easter Fayre will be on Wednesday 1st April at 2pm – do come along.

An Abba tribute band event on 25th April, 7.30pm at the Community Centre. Tickets available from Day Centre or Community Centre. Dress up or not – but come and enjoy the music!

Over Day Centre, 1 Drings Close, Over CB24 5NZ.

Tel: 01954 231807; e-mail: [office@overdaycentre.co.uk](mailto:office@overdaycentre.co.uk).

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## **Oakington Garden Centre**

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**Fax. 01223 236823**  
**Email. [oakingtongardencentre@hotmail.com](mailto:oakingtongardencentre@hotmail.com)**



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Tel 01954 251521

Email: Bolitho@enterprise.net

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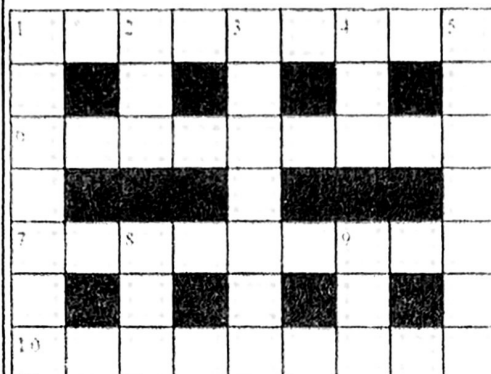
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**Contact Lee Shrimpton on 07790681317 or 01954 231996**

### MARCH CROSSWORD

- Across 1. inspired with love, 6. inspirit,  
7. authority of Jewish law, 10. see  
2 down.  
Down: 1. facial feature, 2. 18-2-2015,  
3. like an opal, 4. vermin,  
5. tightly, 8. decayed, 9. also.



### SOLUTION FOR FEBRUARY

- Across 1. buttercup, 6. overshoot,  
7. satellite, 10. snowdrops.  
Down: 1. blouses, 2. toe, 3. ensiled, 4. coo,  
5. potters, 8. too, 9. ibo.

### MARCH BIN COLLECTIONS

- Weds. 4 March green bin, blue bin etc.  
Weds. 11 March black bin  
Weds. 18 March green bin, blue bin etc.  
Weds. 25 March black bin  
Weds. 1 April green bin, blue bin etc.

### DHBK BOOKKEEPING SERVICES

DHBK offers businesses large or small an opportunity to run their business whilst it looks after your accounting paperwork for you. Save time and money on employee and office costs, plus you only pay for the services you need, when you need them. Contact us today on 01954 209920 or 07799 648327 to discuss your requirements. Based in Over.

...did you know...

The deadliest animal in Africa is the hippopotamus?

### MARCH BULLETIN FROM

### CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

How many times have you tested your smoke alarm since the start of 2015? If the answer is zero, please go and do it now! We're asking residents to test their smoke alarms every month – mark it in your diary and make sure you press the button.

If you have young children, then why not devise a fun game to get them involved in testing the smoke alarms in the household? If you can't quite reach it, then use a broom handle to press the test button. Don't forget to also test the smoke alarms of those you love. If you have an elderly or vulnerable relative, friend or neighbour, pop by and make sure they have a working smoke alarm. If you think someone is vulnerable and could be at a higher risk if a fire broke out in their home, then please call us on 0800 917 9994 and we can provide advice and support.

Log on to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk) for the latest incidents, news and safety advice. Find us on Twitter, Facebook and Instagram.

### ANGLIAN WATER CUSTOMER SERVICES

Please call Anglian Water should you experience any problems with the waste water or surface water sewers in your area. These include issues such as flooding from manhole covers or toilet pans that are slow to drain.

For Anglian Water to investigate issues we must be notified via the 24/7 emergency phone number 03457 145 145. It's a free service and we operate 24 hours a day. Alternatively, please check the Anglian Water website [www.anglianwater.co.uk](http://www.anglianwater.co.uk) for more information.

If you see full or blocked road gullies (these are the grated covers at the side of the roads) please contact your local Highways Authority.

### COMBERTON RAMBLERS

Comberton Ramblers Walking Group meets alternate Sundays, normally walking 5-6 miles starting and finishing at a congenial hostelry for a drink or lunch. Our aim is to enjoy ourselves taking in the sights and sounds of the countryside. You can have two free walks and then if you like us we would appreciate you becoming a member. The annual fee is £8.50 per person.

If you are interested and would like further details please contact our Secretary, Stella: [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com).

### MARCH PUZZLE

Form nine, nine letter occupations, in alphabetical order.

A	R	C	I	C	E	N	E	R			C	H	I	T	E		
C	A	M	I	S	T	P	O	L							M		
D	S	M	I	T	H	P	O	U							I		
E	C	O	K	E	R	R	E	R							M		
E	C	T	K	M	A	S	A	C				V	E				
E	R	A	L	T	E	S	T	A						E			
G	O	L	M	A	N	T	E	R							R		
H	A	R	M	A	N	T	I	O			C				K		
H	I	T	N	O	M	V	E	S				T	I	O			

Solution for February: BAROMETER, CASSEROLE, CORKSCREW, FIREPLACE, LAMPLIGHT, STAIRCASE, TELEPHONE, WASHBASIN, WHITEWASH.



### RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings, which are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meetings:

3rd March;  
7th April



## — EVENTS CALENDAR —

date	event	where	time
28 February	Bring your own Craft day (page 6)	Octagon	2.15–4.30pm
5 March	NWR – Nordic Countries (page 3)	Venue: Di's	8pm
5 March	8 O'clock Club (page 4)	Bar Hill Village Hall	8pm
6 March	Women's World Day of Prayer 2015	Bar Hill Church	2.15–4.30pm
7 March	Bar Hill Community Market (page 7)	Octagon	10.30am–2pm
10 March	Meet Lynda Harford and Heidi Allen (page 30)	Comm. Room, Tesco	7–9pm
16 March	Drop-in sessions for carers (page 22)	Comm. Room, Tesco	10.30am–1.30pm
17 March	Bar Hill Sports and Social Club AGM (page 8)	Village Hall	8.15pm
19 March	NWR – Room 101 (page 3)	Venue: Bobby's	8pm
19 March	Parish Council meeting (page 5)	Parish Council Office	7pm
20 March	Hearing Help at Scotsdales Garden Centre (page 16)		10am–12 noon
27 March	Rosie at Addenbrooke's Outpatient Foyer (page 15)		10am–4pm
27 March	BHSSC Disco Night (page 8)	BHSSC	
30 March	BHSSC Quiz Night (page 8)	BHSSC	8pm
12 April	Rosie at Cambourne 10K Race (page 15)		9.30am–1pm

### BANK HOLIDAYS – 2015

1 January	New Year's Day
3 April	Good Friday
6 April	Easter Monday
4 May	Early May bank holiday
25 May	Spring bank holiday
31 August	Summer bank holiday
25 December	Christmas Day
28 December	Boxing Day (substitute day)

### BANK HOLIDAYS – 2016

1 January	New Year's Day
25 March	Good Friday
28 March	Easter Monday
2 May	Early May bank holiday
30 May	Spring bank holiday
29 August	Summer bank holiday
26 December	Boxing Day
27 December	Christmas Day (substitute day)

### DROP-IN EVENING

A chance for residents to meet their newly-elected County Councillor, **Lynda Harford**, and **Heidi Allen**, Prospective Conservative Candidate for the South Cambridgeshire parliamentary constituency.  
**Tuesday 10th March 2015** from 7.00–9.00pm  
 in Bar Hill Tesco Community Room.  
 All are welcome.

### WEEKLY EXERCISE SESSIONS – FOREVER ACTIVE

**Forever Active**, which runs exercise sessions for the over 50s and those returning to a more active lifestyle, will be running two sessions weekly in the **Community Space Room, Tesco Bar Hill**.

These sessions will be on Mondays commencing **2nd March**:  
**3–4pm: Chair-based exercise** – predominantly seated but will include some optional standing work. All abilities welcome.

**4–5pm: Pilates** – to help strengthen weak areas and stretch tight muscles, enhancing good posture and correct body alignment.

Cost of classes: **£3.50 for FA members, £5.00 non-FA members**. Free tea and coffee courtesy of Tesco.

For further information, please contact Forever Active, 07432 480105 or email [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk).

### BAR HILL PRIMARY SCHOOL

#### – PTA TABLE TOP SALE –

**Saturday 25th April from 2–4pm in the school.**

[Set up time from 1pm.]

Why not have a clear out in the house and garage make those unused/unwanted items make you some money?

Entrance to the event will be 50p per adult; accompanied children free.

Refreshments and cake stall available.

Please come and support your local school.

Table pitch costs £6.00. Please book this before Friday 27th March via the School Office – opening times: Monday to Friday 8.30–9am; 3–3.30pm. Tel: 01954 273305.

### LOCAL RESIDENTS REMINDED TO CHOOSE WELL THIS WINTER

Residents in Cambridgeshire are being reminded to find the right health service for their illness or injury this winter. Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), who commission health services in the area, are asking residents to familiarise themselves with the range of local health services and which illnesses and injuries they can treat. **Pharmacies** can help with bugs and viruses, skin conditions, allergies, pregnancy testing and help with stopping smoking; **GPs** can help with back ache, earache, painful coughs, mental health conditions and any illness or injury that won't go away; **Walk-in centres or minor illness or injury units** can help with minor burns and scalds, bites and stings, strains and sprains and minor eye or ear problems.

If somebody is unwell and you are not sure of the best course of action, call NHS 111 for help and advice. Calls are free from any phone 24/7. Call 111 when it's less urgent than 999.

For more information please visit [www.choosewellcambs.nhs.uk](http://www.choosewellcambs.nhs.uk).